

NATURAL BRIDGE STATE RESORT PARK

GROUP ACTIVITIES

The Naturalist Staff of Natural Bridge State Resort Park offers a variety of educational and experiential programs dealing with the natural history of the region.

Please note that not all programs are available at all times. All listed fees are per participant and are subject to change. There must be one adult for every 10 children under 18, and there are a minimum number of participants for each program.

OUR MOST POPULAR PROGRAMS

GUIDED HIKE TO NATURAL BRIDGE

1 - 2 miles, 1 - 2 hours, Moderate, \$3.50

This guided hike will introduce you to the cultural and natural history of the park - you'll go to places such as Devil's Gulch staircase, Lookout Point overlook, and of course, Kentucky's Natural Bridge! Learn about the unique geology of the Red River Gorge, as well as the area's flora and fauna. Suitable for all ages.

REPTILES & AMPHIBIANS OF NATURAL BRIDGE - LIVE!

45 minutes - 1 hour, Easy, \$3.00

Have you ever held a salamander, looked a toad straight in the face, or touched a snake? Join us for an exciting experience that will allow you to discover the world of some of the most misunderstood animals at the park. This will truly be a memorable experience! Live reptiles and amphibians are a part of this program.

KENTUCKY CREATURES

45 minutes - 1 hour, Easy, \$3.00

The animals that call Natural Bridge home have some amazing adaptations that allow them to survive and thrive at the park. Join a Naturalist for some hands-on activities and games that explore the world of these amazing creatures! Some special live animal guests may make an appearance!

BEGINNER'S CAVE WALK (available May - September)

Maximum 10 people,

1 hour, Easy, \$3.00 (ages 6-12), \$5.00 (ages 13 and up)

Are you afraid of the dark? Confront your fear of dark and unknown places as a Naturalist leads you into a local cave environment and introduces you to some of the creatures that call the darkness home. This is a comfortable and enjoyable walk for ages 6 and up.

OTHER POPULAR PROGRAMS

CRAZY CREEK CRITTERS

45 minutes - 1 hour, Easy, \$3.00

Come and explore the unique world of aquatic critters through hands-on activities. Warning: you will get wet!

FEATHERED FRIENDS

1 hour, Easy, \$3.00

Natural Bridge is home to a variety of bird species. Come and discover what makes birds unique from other animals. We will also give you some tips on how to identify some of the common birds of the park. This program can be combined with a bird walk.

GEOLOGY HIKE ON BATTLESHIP ROCK TRAIL

1.5 miles, 1 - 2 hours, Moderate, \$3.50

Join a Naturalist as we explore the unique geology of the Natural Bridge/Red River Gorge Area. Highlights will include Devil's Gulch, Lookout Point, and the famous Natural Bridge!

WILDFLOWER WALK ON ROCK GARDEN TRAIL (Spring only)

1 -3 miles, 1 - 3 hours, Easy/Moderate, \$3.50

This peaceful guided walk along the Rock Garden trail will travel through some of the most beautiful and diverse plant communities in the area.

CREATURES OF THE NIGHT HIKE

Maximum 15 people

1 mile, 1 hour, Easy, \$3.50

This evening walk will introduce you to things that go "bump" in the night. Join a Naturalist and see what emerges from the darkness. Learn life histories and behaviors of some of the most interesting and secretive creatures in the park.

LEAVE NO TRACE AWARENESS PRESENTATION/WORKSHOP

1 hour – 1 day, Easy, cost is dependent on length of program

As of 2008 the Kentucky Department of Parks is a proud partner with the Leave No Trace Center for Outdoor Ethics and we are eager to educate outdoor enthusiasts throughout the state about the Leave No Trace Principles.

We highly encourage educators, children, college students, scouts, outdoor professionals, trail crews and hiking club members to arrange a workshop with the Naturalist Staff.

SURVIVOR!

1 – 2 hours, Easy, \$3.00

Do you have what it takes to survive out in the wilderness? Come discover essential skills such as building shelter, finding water and food, and starting a fire. This program can also include decorating a tobacco walking stick to take with on your next outdoor adventure for an additional fee.

MOTOR TOUR OF THE RED RIVER GORGE

Minimum 6 people. Transportation provided for up to 10 people.

Non-refundable deposit of \$42.00 due at time of registration.

2+ hours, \$7.00

A Naturalist will join your group for a guided tour of the Red River Gorge Geological Area, including stops at Nada Tunnel, Gladie, and Sky Bridge. We can provide a van for the first 10 people in your group, but feel free to caravan in other vehicles and meet us at each stop.

FOR THE MORE ADVENTUROUS

SCENIC HIKE ON HOOD'S BRANCH TRAIL

4.5 miles, 3-5 hours, Moderate, \$6.00

Looking for a little peace and quiet? The entire Hood's Branch watershed lies within the State Nature Preserve portion of the park and is home to several rare species as well as spectacular scenery.

ADVENTURE HIKE ON SAND GAP TRAIL

7.5 – 10 miles, 6-8 hours, Strenuous, \$9.00

Sand Gap is the longest uninterrupted loop trail in the Natural Bridge/Red River Gorge area and an excellent place to get away from the crowd. Join a Naturalist for this day-long adventure and discuss the ecology, geology, and history of the area as well as wilderness ethics and outdoor living skills.

PADDLING ON MILL CREEK LAKE

Maximum 14 people. Minimum 6 people.

Non-refundable deposit of \$60.00 due at time of registration.

1-2 hours, Easy/Moderate, \$10.00

A Naturalist will instruct your group on basic flatwater canoeing as you enjoy a leisurely float around the park's beautiful Mill Creek Lake.

**Please contact the Naturalist Office for more details or to
schedule a program.**

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